

Lesson plan

iUSP147 – Programming yoga teaching sessions

Aims and objectives of session:	
Yoga exercise:	
Description of exercise:	
Reason for choice:	
Progressions:	
Transitions:	
Teaching points:	
Evaluation of plan and comments:	

External examiner name: _____

External examiner signature: _____ Date: _____

Lecturer/Assessor name: _____

Lecturer/Assessor signature: _____ Date: _____

Learner name: _____

Learner signature: _____ Date: _____

Quality assured by name: _____

Quality assured by signature: _____ Date: _____

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator